

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of the claims in the application:

Listing of Claims:

1. (Withdrawn) An exercise assembly for a user's upper body, said exercise assembly comprising:
 - a) a frame including a base disposed on a supporting surface and a track assembly connected to said base,
 - b) said track assembly including a front portion operably accessible to the user when in a seated upright orientation,
 - c) a carriage assembly including two hand grips concurrently movable along said track assembly in opposite directions,
 - d) a resistance assembly including a line extending along a predetermined path of travel and in interconnecting relation to said hand grips, and
 - e) said resistance assembly including a resistance mechanism engaging said line and structured to exert a movement restrictive force thereon.
2. (Withdrawn) An exercise assembly as recited in claim 1 wherein said resistance mechanism is disposed along said

path of travel between said hand grips and in continuous engagement with a length of said line.

3. (Withdrawn) An exercise assembly as recited in claim 2 wherein said resistance mechanism is structured to vary both said restrictive force and a resulting force required to move said hand grips along said track assembly.
4. (Withdrawn) An exercise assembly as recited in claim 1 wherein said track assembly includes an open end at least partially defining said front portion, said open end dimensioned to at least partially receive the user on an interior of said track assembly.
5. (Withdrawn) An exercise assembly as recited in claim 4 wherein said track assembly includes a closed end oppositely disposed to said open end and at least partially defining said path of travel of said line.
6. (Withdrawn) An exercise assembly as recited in claim 5 wherein each of said hand grips are movable with said line along said path of travel, said hand grips reciprocally movable between said open end and said closed end.
7. (Withdrawn) An exercise assembly as recited in claim 5 wherein said track assembly comprises two spaced apart track segments, each of said track segments movably supporting a different one of said hand grips and

comprising a linear substantially hollow configuration.

8. (Withdrawn) An exercise assembly as recited in claim 7 wherein said carriage assembly comprises a plurality of carriages movable along said track assembly, each of said hand grips secured to and movable with a different one of said carriages along a different one of said track segments.
9. (Withdrawn) An exercise assembly as recited in claim 7 wherein said line is adjustable along its length and connected to each of said handgrips to vary the relative positions thereof upon adjustment of said line.
10. (Withdrawn) An exercise assembly as recited in claim 9 wherein said carriage assembly comprises at least two carriages each supporting a different one of said hand grips and movable along a different one of said track segments.
11. (Withdrawn) An exercise assembly as recited in claim 10 wherein said two carriages are movably connected both externally and internally to corresponding ones of said track segments.
12. (Withdrawn) An exercise assembly as recited in claim 11 wherein each of said carriage assemblies include a roller assembly rotationally engaging interior portions of

corresponding ones of said track segments.

13. (Withdrawn) An exercise assembly as recited in claim 12 wherein each of said track segments comprise a rail assembly disposed within and extending along a length thereof, said rail assembly and said roller assembly cooperatively structured to movably secure said carriages to corresponding ones of said track segments.
14. (Withdrawn) An exercise assembly as recited in claim 11 wherein each of said carriages includes a shell disposed externally of and in at least partially surrounding relation to corresponding ones of said track segments.
15. (Withdrawn) An exercise assembly as recited in claim 14 wherein each of said carriages include a roller assembly secured to said shell and rotationally engaging interior portions of corresponding ones of said track segments.
16. (Withdrawn) An exercise assembly as recited in claim 1 wherein said track assembly is adjustably connected to said base and selectively positionable relative thereto to facilitate operative positioning of the user relative to said track assembly.
17. (Withdrawn) An exercise assembly as recited in claim 16 wherein said track assembly is height adjustable relative to the supporting surface.

18. (Withdrawn) An exercise assembly as recited in claim 1 wherein said track assembly is disposed in a predetermined angular inclination relative to the supporting surface.

19. (Currently Amended) An exercise assembly for a user's upper body, said exercise assembly comprising:

- a) a frame including a base disposed on a supporting surface and a track assembly connecting to said base,
- b) said track assembly including an open end and a closed end and two track segments collectively convergent from said open end to said closed end, said two track segments angularly inclined relative to the supporting surface,
- c) two hand grips linearly and reciprocally movable along different ones of said track segments,
- d) a resistance assembly including a line extending along a predetermined path of travel in interconnecting relation to said hand grips,
- e) said resistance assembly including a resistance mechanism engaging said line and structured to exert a movement restrictive force thereon, and
- f) said open end disposed and sufficiently dimensioned to at least partially receive the user between corresponding proximal ends of said two track segments

while the user is in a seated, substantially upright orientation.

20. (Previously Presented) An exercise assembly as recited in claim 19 wherein said resistance mechanism is structured to vary the restrictive force and a resulting force required to move said hand grips along said track assembly.
21. (Cancelled)
22. (Currently Amended) An exercise assembly as recited in claim 21 19 wherein said track segments are substantially coplanar with one another.
23. (Original) An exercise assembly as recited in claim 19 further comprising a carriage assembly including at least two carriages each supporting a different one of said hand grips.
24. (Original) An exercise assembly as recited in claim 23 wherein said line is interconnected and movable with said carriages along said path of travel.
25. (Original) An exercise assembly as recited in claim 23 wherein said two track segments each have a linear, at least partially hollow configuration.
26. (Original) An exercise assembly as recited in claim 25 wherein said two carriages are movably connected both externally and internally to corresponding ones of said

track segments.

27. (Original) An exercise assembly as recited in claim 26 wherein each of said carriage assemblies includes a roller assembly rotationally engaging interior portions of corresponding ones of said track segments.
28. (Original) An exercise assembly as recited in claim 27 wherein each of said track segments comprise a rail assembly disposed within and extending along a length thereof, said rail assembly and said roller assembly cooperatively structured to movably secure each of said carriages to corresponding ones of said track segments.
29. (Original) An exercise assembly as recited in claim 28 wherein each of said carriages include a shell disposed externally of and in at least partially surrounding relation to corresponding ones of said track segments.
30. (Original) An exercise assembly as recited in claim 19 wherein said track assembly is height adjustable relative to the supporting surface.
31. (Cancelled)
32. (Original) An exercise assembly as recited in claim 19 wherein said line is adjustable along its length and cooperatively disposed and structured with said handgrips to vary the relative positions of said handgrips upon

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adjustment of said line.